



North Shore Neighbourhood House presents:

Positive Mental Health Spotlight...

**a program for Pre-Teens Grades 4 - 7 on
Enhancing Positive Mental and Physical Health**

**REGISTER TODAY by emailing:
alesage@nsnh.bc.ca**

Program facilitated on Zoom on the following dates/times
(must commit to all):

Wednesday May 12th 4:30 - 6:00pm

Wednesday May 19, 26, June 2, 9 @ 4:30 - 5:30pm

You will learn:

- Create a practical mindfulness toolbox
- How to decrease stress + anxiety
- What increases/decreases our mental energy
- Benefits of meditation + mindfulness
- Creation of a personal movement program
- Creating sustainable healthy habits
- Strengthening your mental and physical health



Program proudly supported by Neptune Terminals

Facilitated by Hayley Winter (CMT, CCP)
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